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Cowards That Attack Suffragettes in Washington

Each of Them Is a Disgrace to His Own Mother. Let Us Hope That None Will Get Into the United States Army. He Would Run Like a Whitehead in Front of an Armed German.

We repeat that the earnest women working for suffrage, should not at this time intrude upon the President of the United States.

They are perfectly right in all that they say.

This is not and cannot be a real democracy while twenty millions of women have nothing to say about the Government that controls them.

Every word uttered in the United States by any man in public office about "government by consent of the governed" is a joke, and an absurdity, as long as the women who create men and give their sons to the army are not allowed to vote.

WOMEN SHOULD VOTE and will vote.

But there are things more important at this moment even than JUSTICE ITSELF.

We are engaged in war, partly because the Germans thrust it upon us, partly because it was inevitable, and there was no other way out. WAR IS THE THING TO BE ATTENDED TO NOW.

The burden of the war rests upon the President. He may for the moment neglect a dozen important question, a dozen just causes.

It may be impossible for him to do otherwise.

No matter what he may neglect or postpone, the women of this country should NOT NEGLECT THIS TRUTH.

You have no business to intrude upon the President now. You have no right to disturb him. He is the thinking mind of the nation. He has a problem, gigantic and important. If you do your duty, you will do your demonstrating elsewhere than near the White House.

That being said, we turn our attention to the so-called "men" of Washington, who have been harassing the suffragettes, jostling them on the sidewalks, destroying their banners, treating them insolently and brutally.

To every such man we have this to say:

You have, down your back, all along the back bone, a deep phytic yellow stripe about two inches wide.

You are by nature a coward, for you attack a woman who in the first place is not strong enough to fight you, and who in the second place would not condescend to fight you.

You have the instincts of the wolf who attacks his wounded friend, but you haven't the wolf's courage and you haven't his teeth.

Every one of you ought to have been put in jail, before there was any talk of putting in jail an earnest woman, struggling, however unwisely, for justice that is denied.

Every one of you men that attack the suffragettes, or encourages mob action against them, is classed among the meanest of cowards.

May not one of you by any chance be drafted into the army of the United States.

We do not want other fighters in Europe to see men in United States uniforms running at top speed with their backs toward the Germans.

How About Conserving Lungs—

By Drawing the Smoke Out of the Baltimore Tunnel.

The Government is telling everybody to "conserve" something. The railroads are advised to cut down the meat and the bread that they furnish to customers, and they agree with a happy smile. They also cut off trains with another happy smile. And they take off Pullman car service. They show wonderful patriotism in CUTTING OFF THINGS.

May we suggest one kind of conservation, namely, conservation of HUMAN LUNGS, a conserving that would last after the war.

Just how many pairs of lungs are choked up and get their last camel's straw as they go through the Baltimore tunnel we don't know.

We could offer as Exhibit A, one left lung and one right lung, heavily lined with carbon, and much less useful after each trip through the tunnel.

Perhaps the United States Government would be interested in saying to the railroads that use the tunnel, "Conserve the lungs that you send through the tunnel. Find out how much it would cost to pump the poisonous gas out of the tunnel, and away from the human lungs. If you can't pump out the poison, could you perhaps, by spending a little money, use electric engines in your tunnel service, arranging for one separate shut-off tunnel through which the locomotives could go, rejoining their trains later?"

The lungs in the Baltimore tunnel are especially important, as they include a large percentage of all the lung; that are busy saving the country in the Capital. Congress and the Senate should be interested in this.

We suggest a bill for lung conservation.

We have no doubt that ten per cent of the "wise conservation" in which the railroads are now enthusiastically co-operating would pay for the cost of conserving lungs in the Baltimore tunnel. The railroads might cut off ALL THE MEAT between Washington and New York and Washington and Chicago, and let the passengers pay for it without getting it. After a while that would pay for the end of the tunnel, and the intelligent passenger would be very grateful.

Do You Know Him?



How Do They Do It?



LAST WORD TO BUYERS

To shoppers and all buyers in Washington, The Sunday Times says THE LAST WORD. The last thing read on Sunday evening, the first thing remembered Monday morning by the careful housewife, the thoughtful

buyer, is WASHINGTON SUNDAY TIMES ADVERTISEMENTS. Merchants and other advertisers find the LAST chance and the BEST chance to impress the public buying mind on Sunday, in The Sunday Evening Times—the home paper.

The President and the Referendum

By DAVID LAWRENCE.

Citizens of the District of Columbia should not be discouraged by President Wilson's announcement that he would prefer not to have a primary held for the expected vacancy in the District Commissionership.

Charles S. Shreve, president of the Federation of Citizens' Associations, acted wisely in asking the President's advice. In this instance, it may be that Mr. Wilson already had arranged for the filling of the vacancy and the holding of a primary could conceivably be embarrassing. In any event, it is better for the citizens of the District to show the President that they have no wish to embarrass him. Because in that way they will get his sympathy and attention when the larger problems of the District are laid before him. It is unfortunate that the balloting could not be held as a demonstration of the city's capacity to exercise the franchise. There is no doubt that at this time wide interest would have been taken in the primary.

But what is more important is that the President's interest and support shall be enlisted on the side of universal suffrage in the District of Columbia. He may have his own views as to the wisdom of such a step itself, but if he would only give his sanction to the principle of a referendum, expressed in the Dyer bill or any other measure, the people of the District would have the opportunity they deserve to say whether or not they want self-government.

A general referendum on such questions as the ownership of public utilities, universal transfers, the two-platoon system for firemen, and other things vital to the people of this city, would be the greatest advance that could be wished for at this time. The Dyer bill has many of these things incorporated in it, but as yet the wisdom of including the question of prohibition in that measure is not clear.

Whatever may be the merits of the prohibition question, whether or not an injustice was done last year when the people were denied the right to pass upon that moral issue as other communities had in other parts of the country, the fact remains that the whole fight will center around the liquor question and the referendum's chances will stand or fall entirely on the sentiment for or against the repeal of the law that is to make Washington dry on November 1.

The liquor repeal should be a separate measure and the Congress ought to pass at once a law enabling the people of this city to vote in a referendum on a new system of government and representation in Congress. If the people want to vote, their expression now for it will not go unheeded hereafter.

The referendum is an entering wedge for suffrage. President Wilson asks that the preferential primary for the single Commissionership be waived. That is easy to grant. But will not the President express himself as in favor of the principle of a referendum so that a large and significant primary may be held in the District of Columbia which will mean something to the people who are giving their lives and their fortunes to the nation today just as other Americans are doing, but without the privileges of citizenship that others enjoy?

Do You Pamper Yourself?

By Ira S. Wile, M. D.

(Associate Editor "American Medicine" and Member N. Y. City Board of Education.)

NUTRITION depends upon knowledge, palate, digestion and pocketbook.

If you possess ample means to supply your food needs, you are free to consult your palate.

If you are informed upon food values you can meet the needs of your palate and digestion with less strain upon your finances.

If you are blessed with a splendid digestive system you are able to modify your palate according to the dictates of your knowledge and pocketbook.

A wise Jester remarked that a food expert is a man who can supply sufficient food for his family on his weekly wages.

Your dietetic resourcefulness is limited by your available funds. Your health, strength, energy, and resistance to disease are conditioned by your daily food supply.

To secure the greatest amount of food for the money expended is not an index of food economy.

The worth of food is qualitative, not quantitative.

White bread weighing 1.44 ounces possesses the same fuel value as 7.4 ounces carrots, 2.18 ounces lean beef, 2.93 ounces fresh halibut, 18.47 ounces lettuce, 1 ounce macaroni, 6.1 ounces whole milk, 1.24 ounces onions, 1 ounce dried peas, 1.88 ounces sugar, 5.57 ounces fresh pears, 15.47 ounces fresh tomatoes, 0.46 ounces pecans, 4.22 ounces potatoes, 1.27 ounces celery, 4 ounces American cheese, 0.46 ounce butter.

Each of the above noted constitutes a 100-calorie portion of food. They make a hundred units of heat available for the body. The gross quantities vary; the flavors are different; the costs are totally dissimilar; the time, energy and expense necessary for their preparation render the table more or less parallel.

The difference in composition of celery and macaroni is manifest.

Which can you afford to buy?

Which is cheaper in terms of fuel and energy? milk at five cents a pint or lean beef at thirty cents a pound.

Food costs are increasing more

rapidly than wages are rising.

The dollar is shrinking faster than the food supply.

Your problem of feeding the family grows more complicated and more serious.

Your palate bids you eat beef; your pocketbook advises you to try macaroni and cheese.

Two thick slices of whole wheat bread, a teaspoonful of butter, two teaspoonfuls of sugar and a cup of milk will provide four hundred calories of substantial, digestible food—sufficient for the lunch of a ten-year-old child.

Two graham crackers, the juice of a large orange, twenty raisins and six walnuts yield another four hundred calories.

A slice of lean beef, ¼ inch x 3 inches x 3 inches, one medium potato, two to four medium sized tomatoes and one banana afford a third combination offering four hundred calories.

Examples might be multiplied showing increased expenditures for equal nutritive returns.

Personally you are powerless to reduce the price of foodstuffs.

You can lower the cost of living. You are able to re-educate your palate to the improvement of your health and digestion.

Whether you eat at home, or in a restaurant, or at a quick lunch counter, you can purchase more and better food for less money.

The poor must spend less money for food, though they may be unwise and uneconomical.

The persons of limited income should learn the relations of fuel values and nutritive qualities to food prices.

The rich will better their physical state by more intelligent, rational and scientific eating.

Now is the time to study nutrition, the economy of purchases, the satisfaction of your bodily needs.

What did you eat to-day and how much of each commodity? What was the total cost? Did you get the worth of your money?

Did you satisfy your palate? Were you justified by the cost and food value?

Once Overs

A Chance for Every Girl

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Did you ever think that you owe your spare moments to your country?

Every pleasant afternoon, walking, driving, crowding the candy land resorts, are thousands of young women who are wasting their perfectly good time in trying to find a good time.

Young women of good character, they are, fathers abundantly able to support them without work in the sense of earning a living.

Yet these idle young women are not yet awake to their wonderful opportunities to-day, that of spending their leisure hours in the delightful occupation of doing something worth while for their own country.

Parents are to blame in some instances, that patriotism has not been taught in the home.

In some cases indolence and selfishness are the reasons for the lack of proper spirit among so many young people.

Four of those idle hours, each day, spent in working for the Red Cross Association would do more to dispel ennui and add a new interest to life than countless ages dawdling around a Summer hotel or loitering in a limousine on the State Highway.

Teach your children and the little brothers and sisters that every unoccupied idle hour belongs to their country and you have not lived in vain.